

Wellness Monthly News

“Gentle, gentle.” Tracee Ellis Ross



MIND

May is *Mental Health Awareness month*.

About **1 in 5 adults** experience mental illness each year. Over **40 million adults** suffer from an Anxiety Disorder. Most people develop symptoms before age 21. Be the change by spreading awareness and showing your support!

Here are ways to show support/engagement for Mental Health Awareness Month:

1. Wear a green ribbon
2. Learn about Mental Health
3. Be compassionate and supportive towards individuals with mental health concerns.
4. Seek support if you think you have a mental health illness. Start by reaching out to Wellness Educators.

Resource:

<https://www.nami.org/mentalhealthmonth>



SPIRIT

Engage in *PLAY* to uplift your spirit!



Blowing bubbles, playing make believe, laughing out loud or until you cry.

Dedicate this month to experiencing micro moments of joy as much as possible!

This will not only benefit your mental health but also your spirit!

BODY

Foods/Snacks that improve your mood

Did you know that 90% of *serotonin* lives in our gut? Serotonin is a key hormone that stabilizes our **mood, feelings of well-being and happiness**. Serotonin also supports sleeping, eating and digestion.

The following foods/snacks help with producing a healthy gut and mind:

- Berries
- Bananas
- Dark Chocolate (at least 75%)
- Nuts/seeds (raw and unsalted)
- Fermented foods (ex. sauerkraut, plain yogurt, Kombucha, kefir)

